

March 2015



Mansfield Community Center
Family, Fitness & Fun!

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00am			BOOT CAMP	OPEN	BOOT CAMP	OPEN	OPEN (Full Gym) 6:00 - 7:30A
7:00am		OPEN	5:30-6:30A	(Full Gym)	MCC PUMP	6:00 - 7:15A	
7:30am		(Full Gym)		6:30 - 8:30A	6:30 - 8:30A	40+ BB	
8:00am	OPEN Gym	6:00 - 7:30A	40+ BB		(Full Gym)	6:00 - 7:30A	
8:30am	MS FUTSAL 8:30 - 10:00A		(Full Gym)	KETTLE BELLS	(Full Gym)	7:15 - 9:15A	OPEN 7:30 - 4:00P (Full Gym)
9:00am		TRX 8:30-9:30A	7:15 - 9:15A	(1/2)8:30-9:30A	8:30 - 9:30A		
9:30am							
10:00am		TOT	TOT	TOT	TOT	TOT	
10:30am	FAMILY (Full Gym) 10:00 - 2:00P	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)		
11:00am		9:30 - 12:30P	9:30 - 12P	9:30 - 12:30P	9:30 - 12P	9:30 - 12:30P	
11:30am							
12:00pm		OPEN	MCC PUMP	OPEN	KETTLEBELLS	OPEN	
12:30pm	(Full Gym)	1/2(12-12:45P)	(Full Gym)	1/2(12-1P)	(Full Gym)		
1:00pm	12:30 - 2:30P	OPEN	12:30- 2:30P	OPEN	12:30 - 2:30P		
1:30pm		(Full Gym)		(Full Gym)			
2:00pm	OPEN (Full Gym) 2:00 - 6:00P		1:00 - 2:30P	1:00 - 2:30P			
2:30pm		HS/MS OPEN	HS/MS OPEN	HS/MS OPEN	HS/MS OPEN		
3:00pm		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)		
3:30pm		2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P		
4:00pm							
4:30pm		OPEN	OPEN	OPEN	OPEN		
5:00pm		ASF(1/2 Gym)	ASF (1/2 Gym)	ASF(1/2 Gym)	ASF(1/2 Gym)		
5:30pm		5:00 - 6:00P	5:00-6:00P	5:00 - 6:30P	5:00 - 6:00P	5:00 - 6:00P	
6:00pm	FUTSAL	OPEN	WORK CIRCUIT	TRX 5:30 - 6:30P	OPEN	OPEN (Full Gym) 6:00 - 9:55P	OPEN
6:30pm	(SOCCER)	(Full Gym)	(1/2 Gym)	KICKBOXING	(Full Gym)		(Full Gym)
7:00pm	(Full Gym)	6:00 - 7:30P	6:00 - 7:30P	6:30 - 7:30P	6:00 - 7:30P		6:00 - 7:55P
7:30pm	6:00 - 7:55P	ADULT OPEN		ADULT OPEN			
8:00pm	FACILITY CLOSES 8:00P	BASKETBALL	FUTSAL	BASKETBALL	VOLLEYBALL		FACILITY CLOSES 8:00P
8:30pm		(Full Gym)	(SOCCER)	(Full Gym)	(1/2 Gym)		
9:00pm		7:30 - 9:55P	(Full Gym)	7:30 - 9:55P	7:30 - 9:55P		
9:30pm			7:30 - 9:55P				
10:00pm		FACILITY CLOSSES AT 10:00P MONDAY - FRIDAY					

Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

Futsal = Soccer Drop in for MS and HS Freshmen

FG = Family Gym (Parent/Guardian with child(ren) only).

Open Volleyball=Drop in program for Adults/High School Students

Adult Open Basketball 18+ and out of HS

Futsal =Soccer Alternative Drop In Program 16+

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre=registered Fitness Class

***When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym***

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at www.mansfieldcc.com

*****GYM RESERVED*****

3/1-Birthday Party, 1-3P

3/7-Quickstart Tennis 8:30A-10:30A

3/8-Birthday Party, 1-3P

3/14-Quickstart Tennis 8:30A-10:30A

3/14 Little League Tryout 12:30P-2:30P

3/15-Little League Tryouts 11A-3P

3/21-Quickstart Tennis 8:30A-10:30A

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